

The Bodhisattva: Hero of Wisdom and Compassion

The popular and famous Vimalakirti Sutra, written in India 2000 years ago in Sanskrit and translated into Chinese seven times between the 2nd and 7th centuries, tells of a miraculous episode in the life of a legendary Bodhisattva living in the city of Vaishali.

Vimalakirti is a rich man, not a monk, He has a home, a wife, children, and relatives. He dresses fashionably, eats and drinks like others. He visits gambling parlors, listens to discussions about other religions, knows secular literature, conducts all kinds of business transactions and reaps profits.

In all of this his motive is to use skillful techniques and expedient means best suited to the people he meets to bring them the relief that is the goal.

The first noble truth articulated on the night of his enlightenment is that human life is marked by suffering, perhaps better put as disease or dis-ease.

The remaining three Noble Truths spell out the way to cure this disease

1. Freedom from attachment
2. Disease springs from deluded thoughts, the upside-down thinking and desires
3. The ailing Bodhisattva should go about regulating and controlling his mind. By doing so he cuts off the suffering of old age, sickness, and death

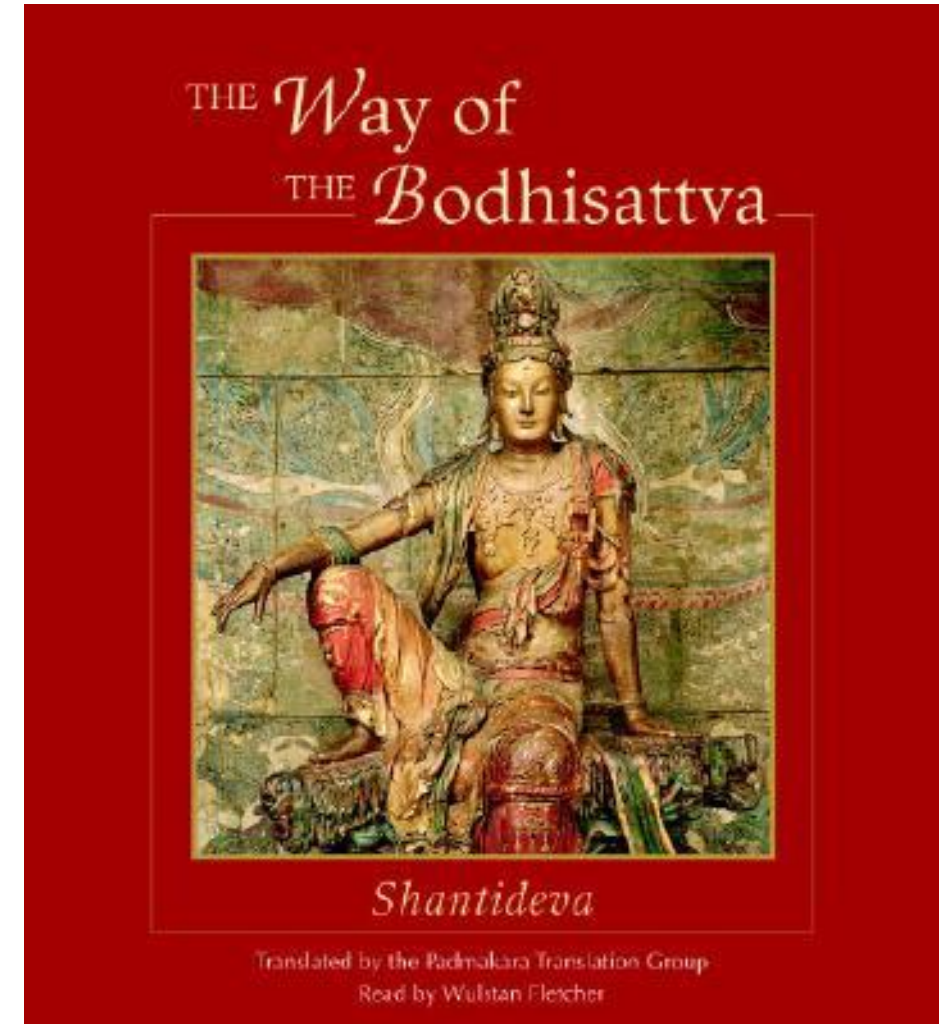
A person who has overcome a sworn enemy deserves to be called a hero in the same way one who has overcome old age, sickness, and death may be called a bodhisattva."

Our study and analysis shows that above noble truths still holds and only way to good health is by doing what we like, but controlling what we do, to remain within normal range of nutrition, physical, social activity and rest – neither too little nor too much. Must remain within 2 sigma.

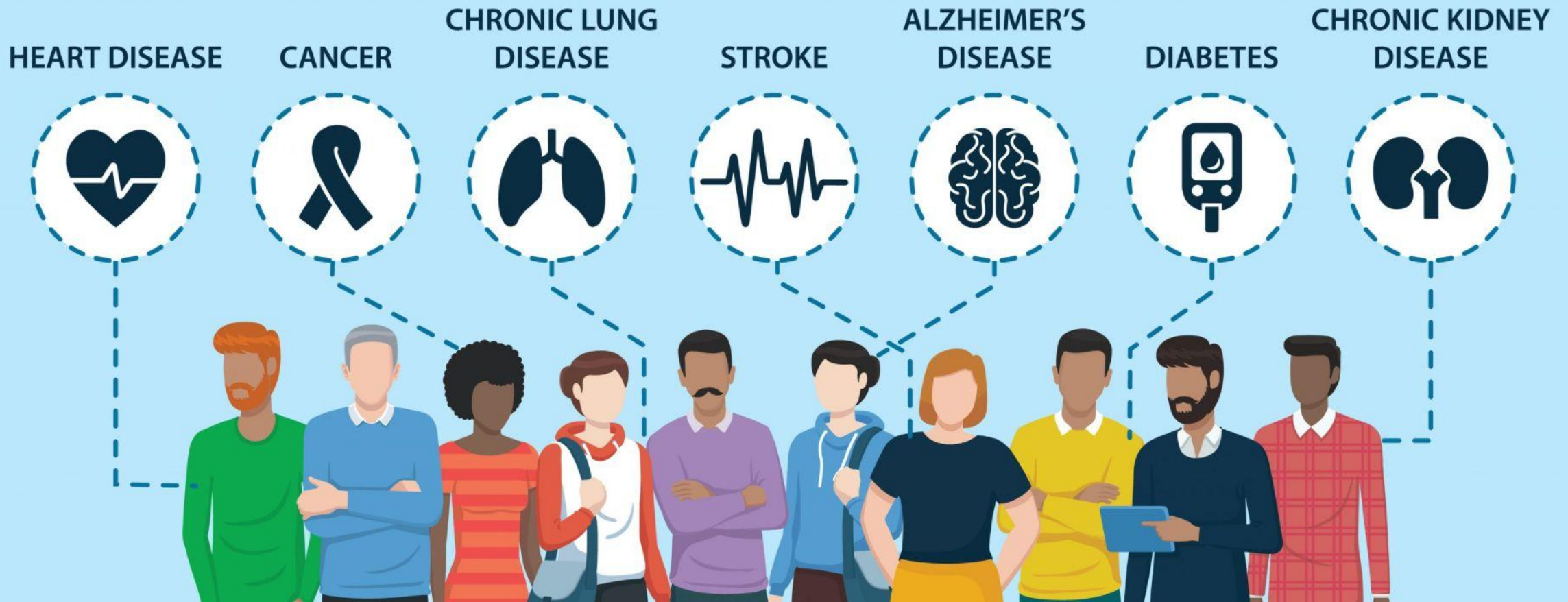
No binge drinking, not too little drinking – only moderate drinking, cheers !!

Take medication as soon as possible if out of range. Prevent the likely diseases and be fully vaccinated as prescribed by the Physician.

Credits: <https://blog.richmond.edu/heroes/2015/08/17/the-bodhisattva-buddhisms-hero-of-wisdom-and-compassion/>



Chronic Disease Insights: Trends, Demographics, and Public Health



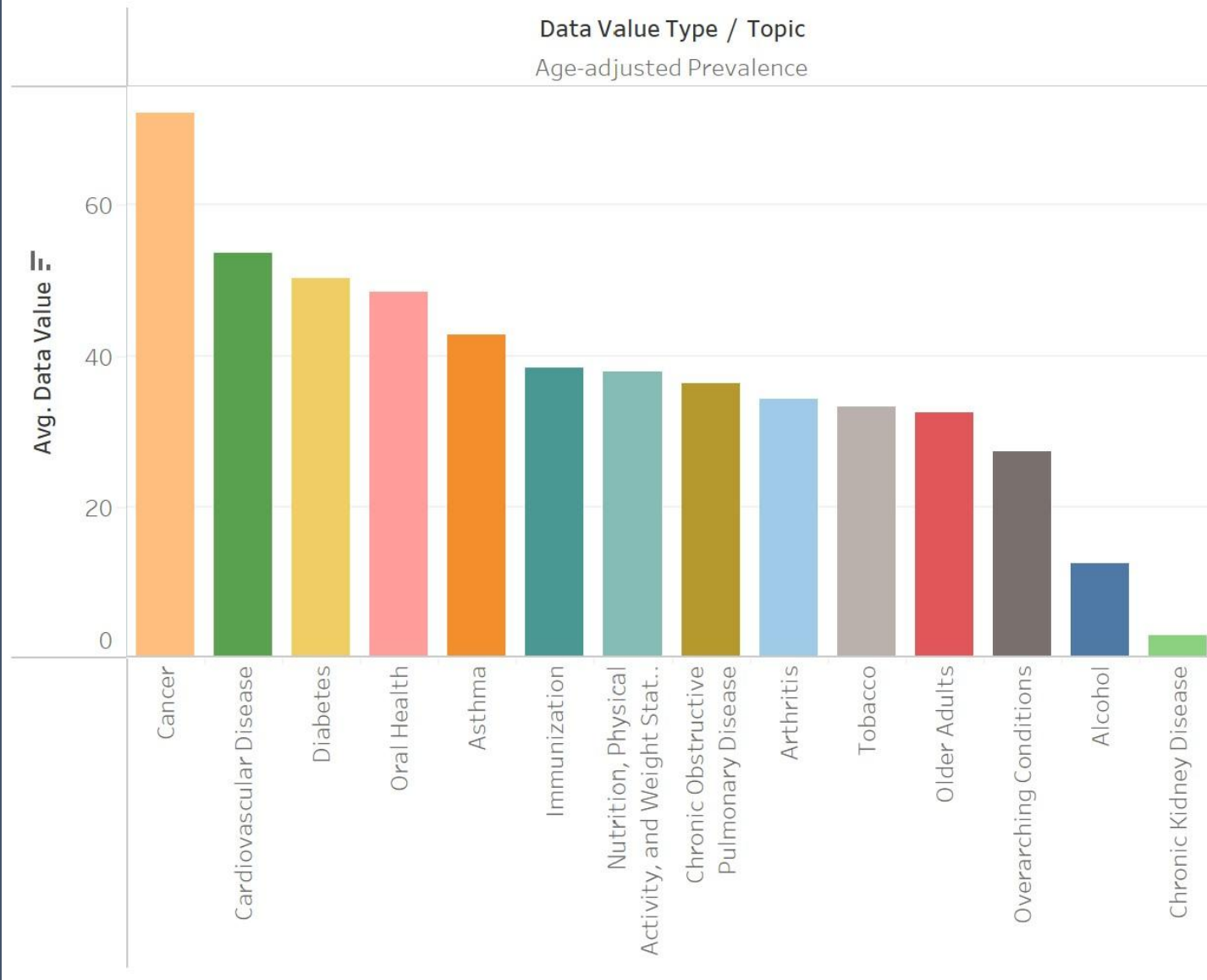
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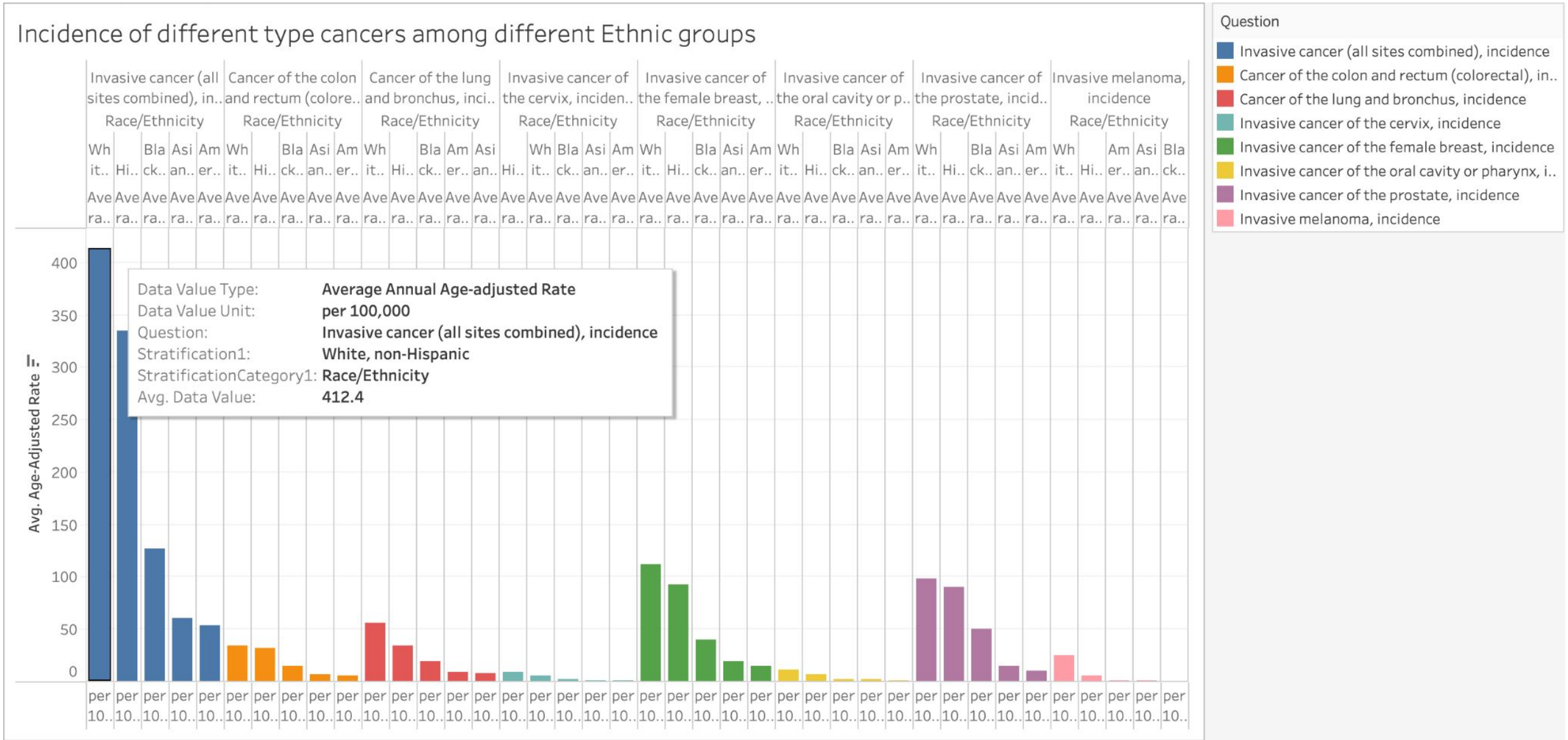
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Age Adjusted Prevalance for all Topics in CDI Data

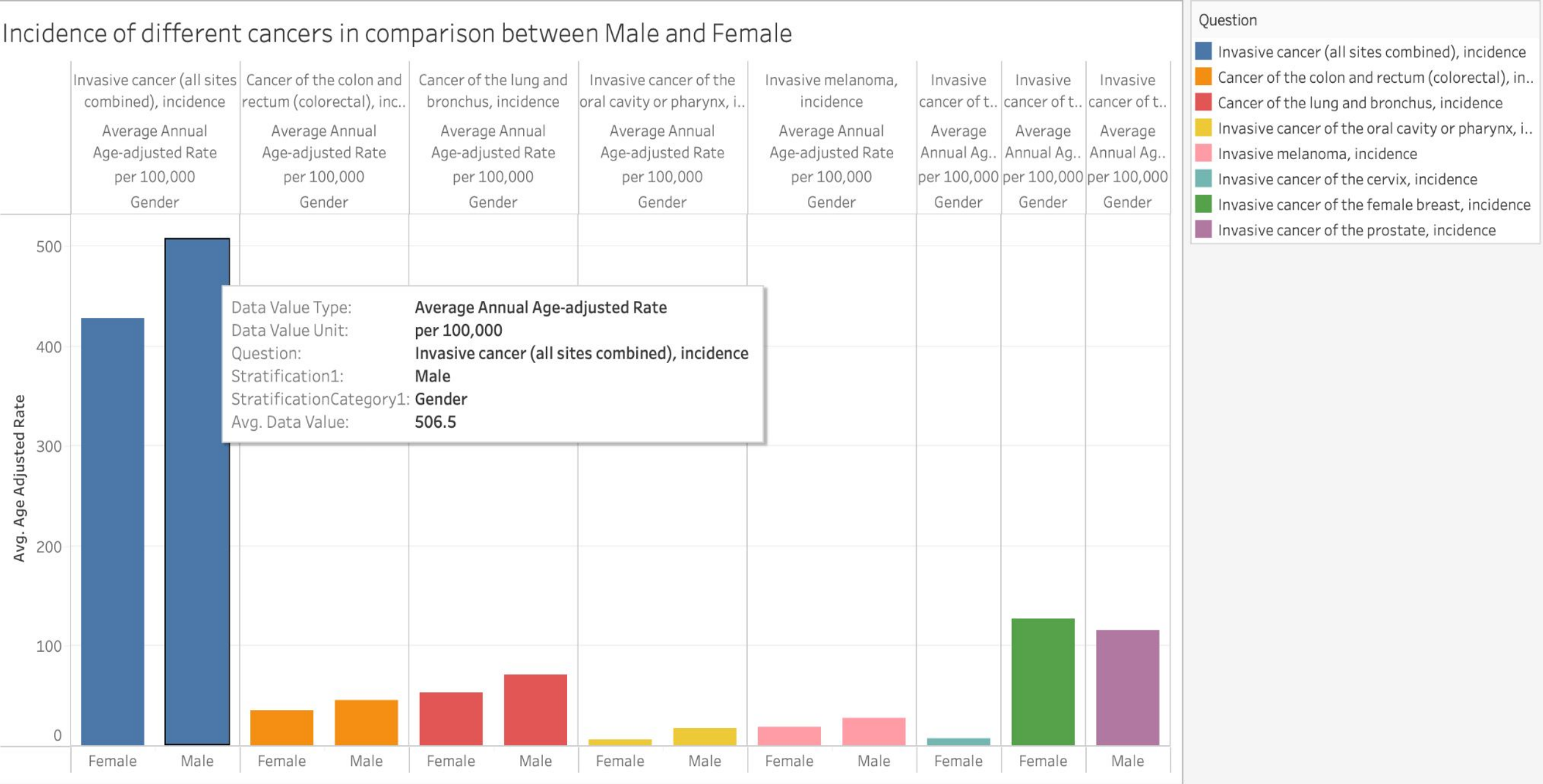


The dataset from “U.S. Chronic Disease Indicators (CDI)” presents that Cancer was the leader age-adjusted prevalence among all CDI topics by a significant margin, followed by Cardiovascular Diseases and Diabetes

Overall the cancer incidence is significantly highest among the White ethnic group, followed by Hispanic group.



Overall, the cancer incidence is highest among male by 20% compared to the female



Most prevalent cancers considering the incidence rate

Breast and Prostate are among the most prevalent cancers

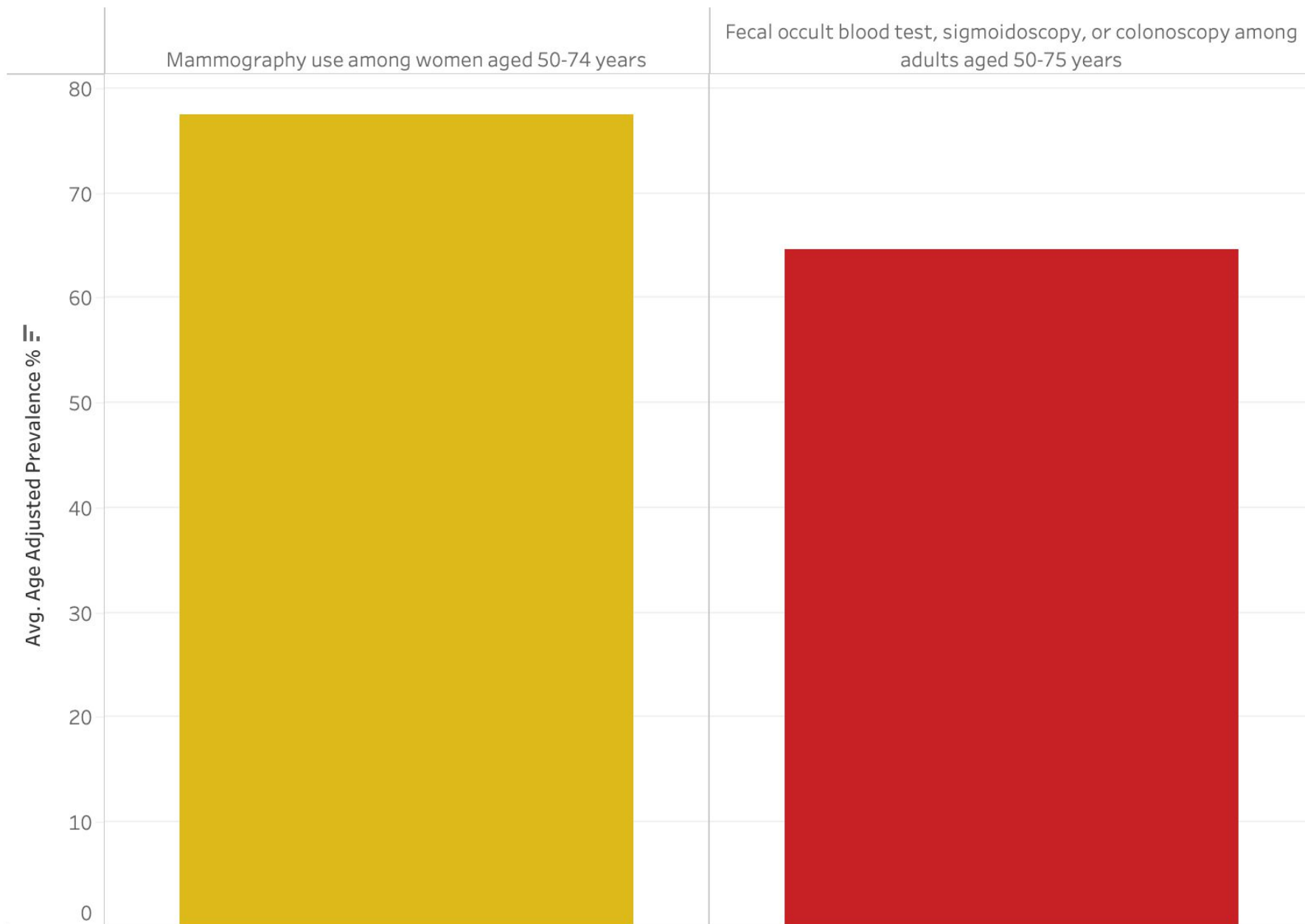


Most prevalent cancers considering the mortality rate

Lungs and Bronchus, Prostate, Breast and Colon are among the most prevalent cancers



Early detection of Breast and Colon Cancers

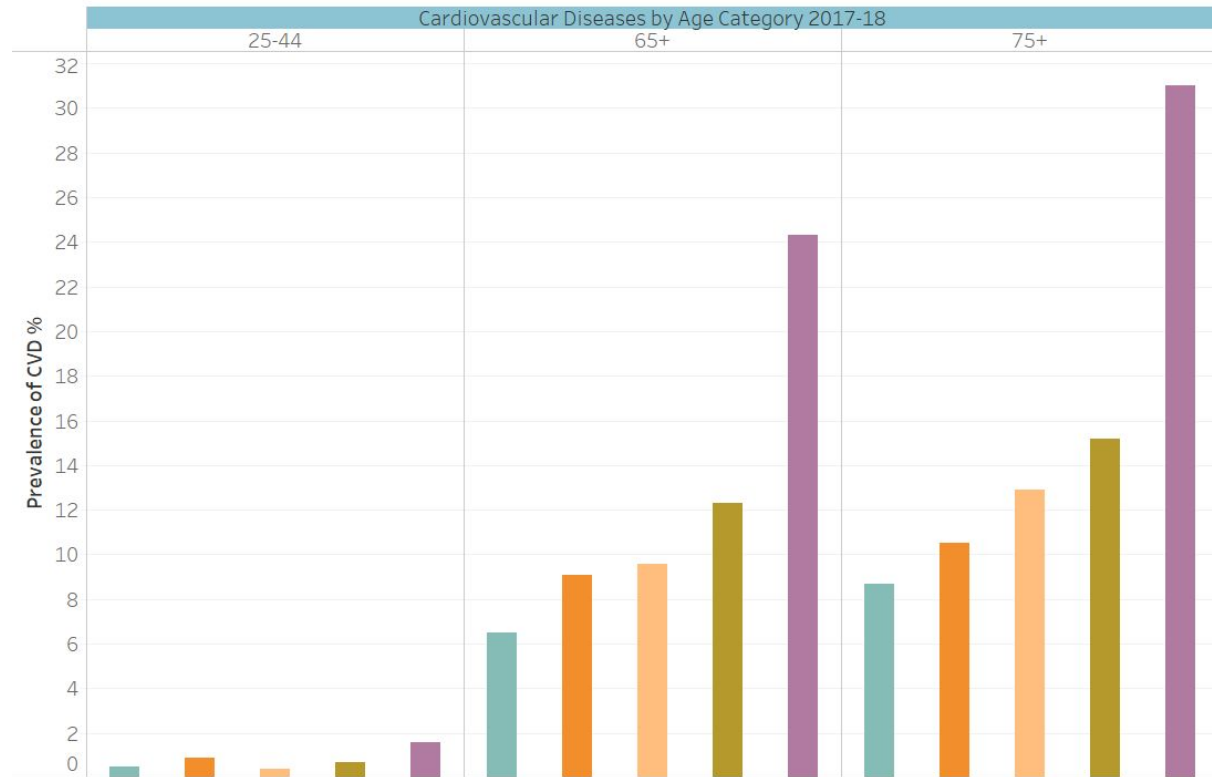


Early detection of the cancers is the key to add many more years to life.

More awareness programs are needed so that population at the younger age can benefit from these tests.

CVD Time Bomb set to explode after 65

Prevalence goes up 12 times after 65+



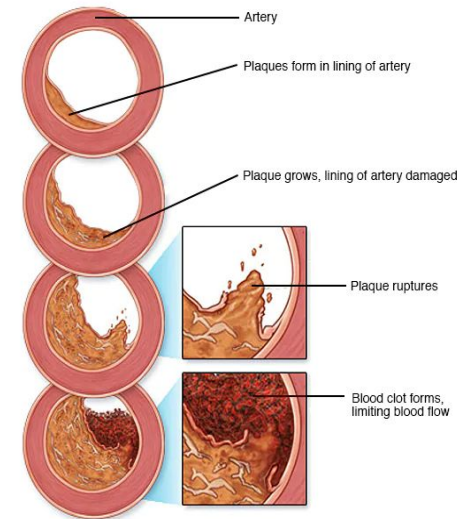
Average of Data Value for each Question broken down by Class, Break Out and Year Start. Color shows details about Question. The data is filtered on Data Value Type and Action (Break Out,Class,Data Value Type,Question,Year Start). The Data Value Type filter keeps Age-Standardized and Crude. The Action (Break Out,Class,Data Value Type,Question,Year Start) filter keeps 389 members. The view is filtered on Break Out, Year Start and Class. The Break Out filter keeps 25-44, 45-64, 65+ and 75+. The Year Start filter keeps 2017-2018. The Class filter keeps Cardiovascular Diseases by Age Category 2017-18.

What is CVD

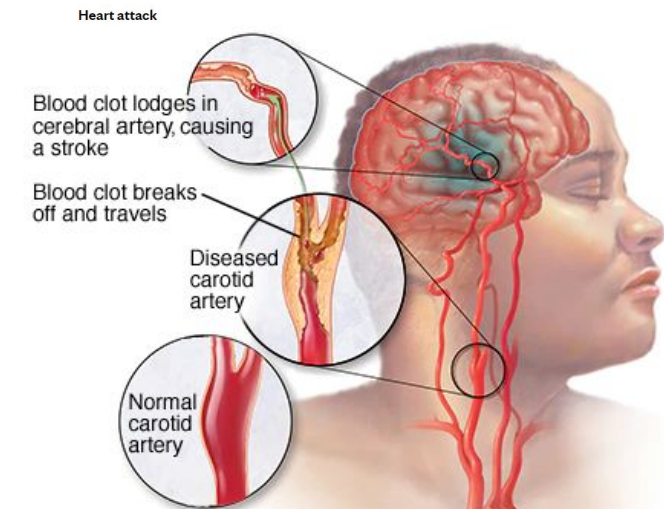
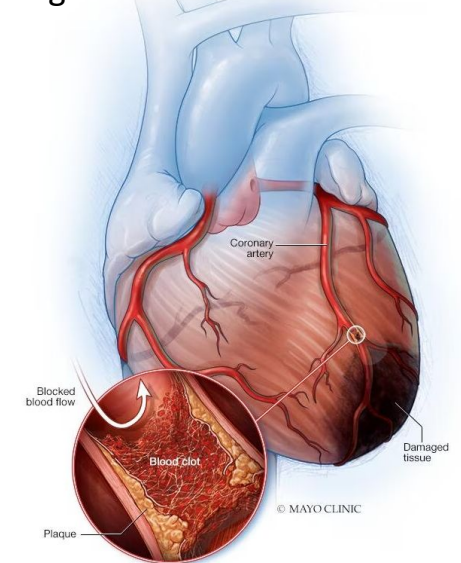
1. **Cholesterol** forms **plaques** in the arteries
2. Plaque ruptures to form blood **clot**
3. Clot **blocks blood flow**, causing a **heart attack or stroke**

Question

- Heart Failure
- Heart Attack
- Stroke
- CHD
- Major CVD



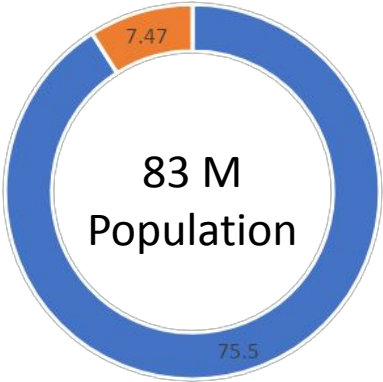
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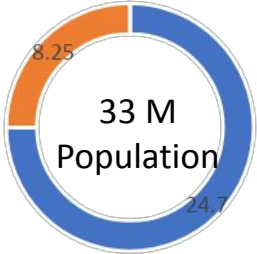
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How big is CVD - 25 million Patients, One in Three affected by CVD at 75

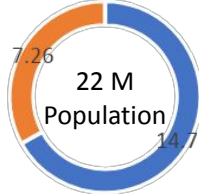
Age 45-64
10%



Age 65-74
25%



Age 75+
33%

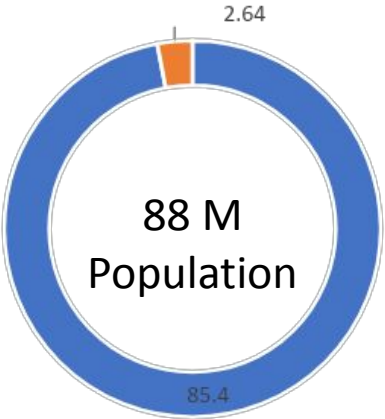


■ CVD Non Patients - millions ■ CVD Patients - millions

■ CVD Non Patients - millions ■ CVD Patients - millions

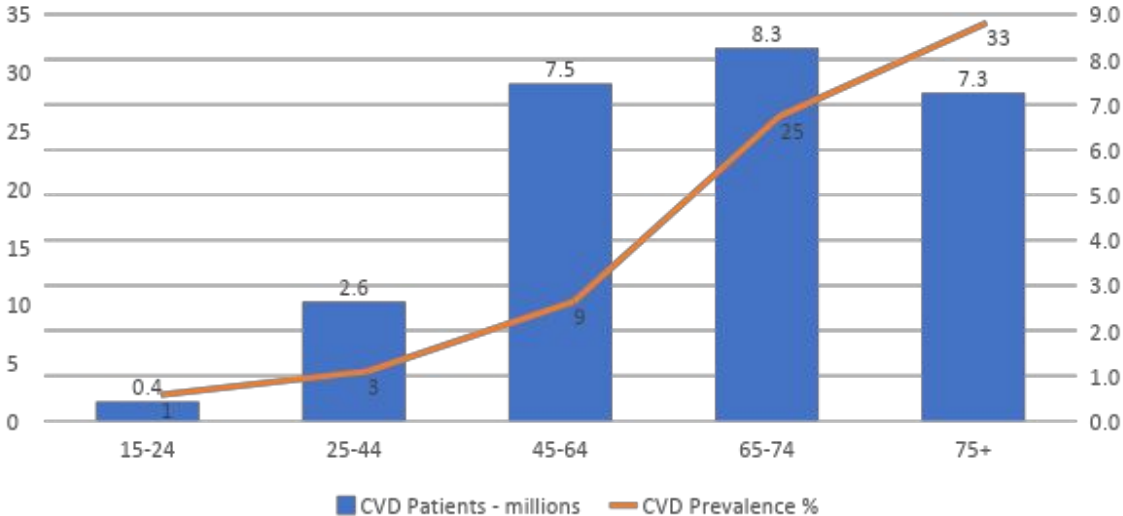
■ CVD Non Patients - millions ■ CVD Patients - millions

Age 25-44
3 %



■ CVD Non Patients - millions ■ CVD Patients - millions

CVD Magnitude



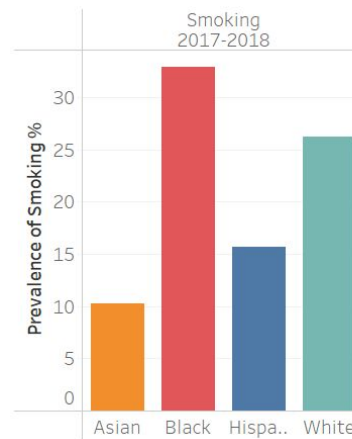
US Yearly Data

- CVD Deaths 695,000
- Heart Attacks 1.5 million
- CVD Cost \$239.9 billion

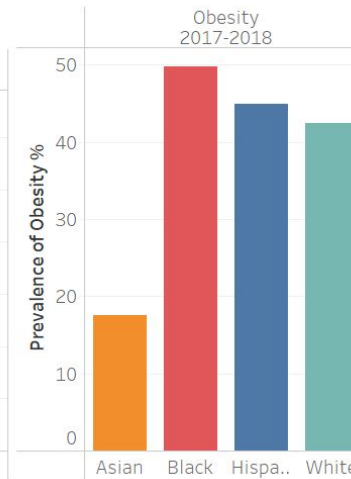
Visible Root Causes
– Smoking, Obesity
Prevention: Fresh
Low Salt Vegetables,
Fruits, Seafood and
no Smoking

Lot to learn from Asian lifestyle - Lower Obesity shows lower CVD prevalence

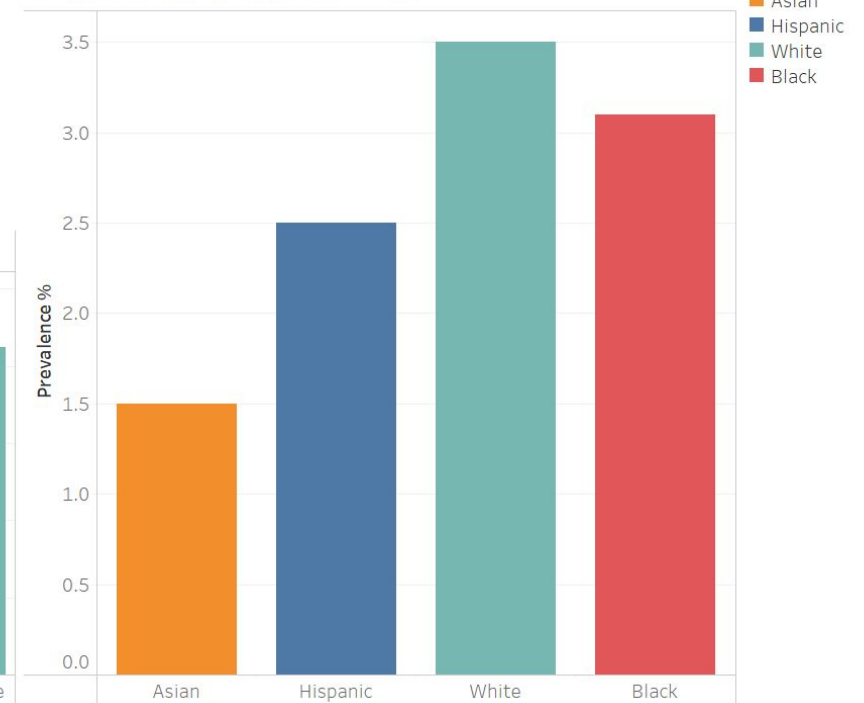
Smoking Prevalence
lowest among Asian
Race at 12% and
Hispanic at 18% as
compared to
Non-Hispanic Black
Race at 35%



Obesity Prevalence
lowest among Asian
Race at 17% which is
less one third of
Non-Hispanic Black
Race at 50%

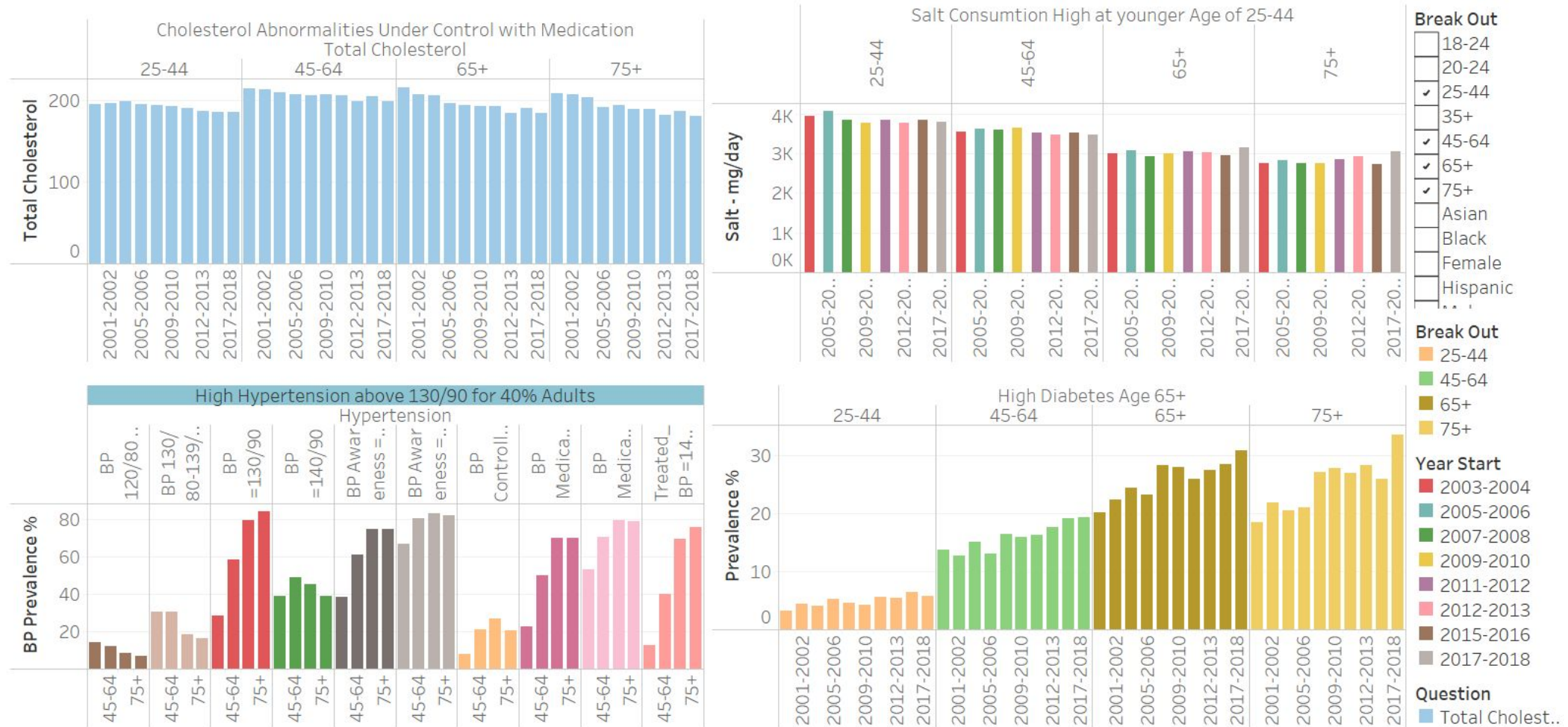


Cardiovascular Disease 2017-2018



CVD Prevention

CVD Risk Factors - Cholesterol, Blood Pressure, Salt Consumption, Diabetes



When am I going to get CVD

CVD Risk Calculator

Lifestyle change and medication can delay Heart Attack by 20 years

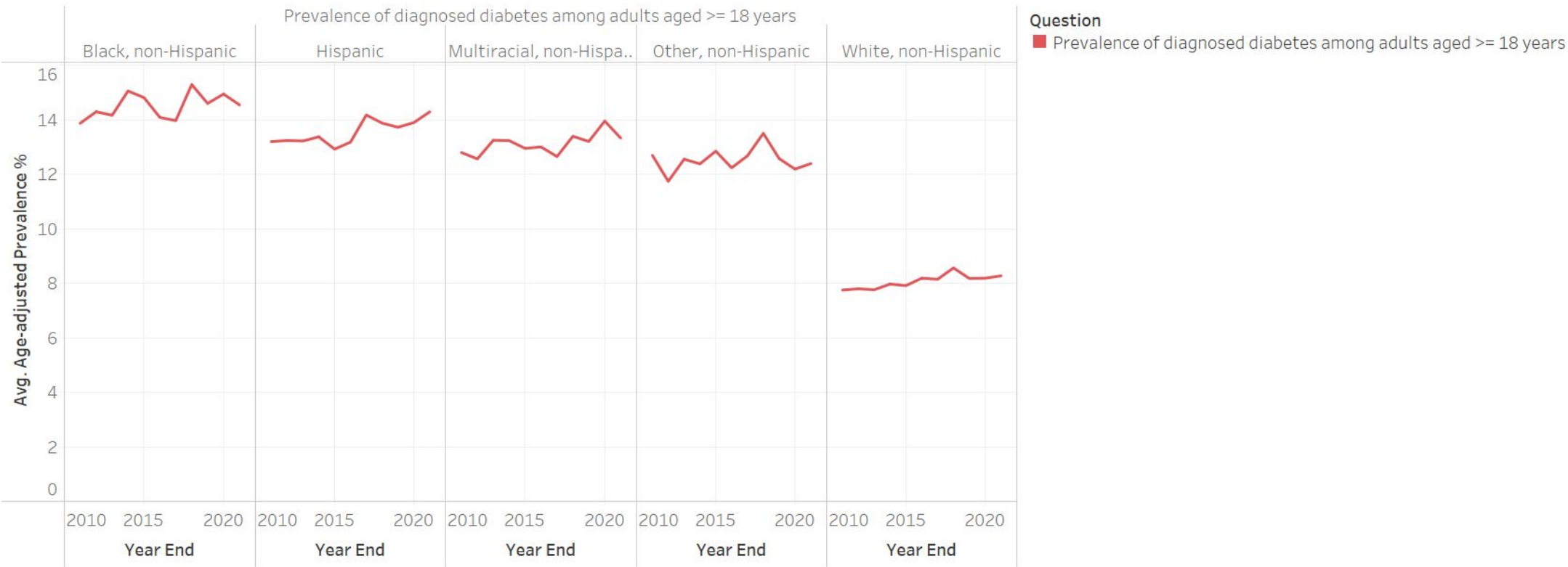
Risk Factor	High Risk Profile without Lifestyle changes or medication	Score
HighBloodPressure	120/80 to 129/84	8
BloodSugar-HBA1C	6 to 6.5	3
TotalCholesterol	230 to 249	3
Smoking	Moderate	3
Alcohol	Moderate	3
HealthyDiet	LowFruits, Vegetables, WholeGrains, HighSalt, Sugar, Oil	3
PhysicalExerciseMinutesEveryDay	30	3
WaistCircumferenceInches	37-39	3
Stress	Moderate	3
Total Score		32
Current Age	50	
HeartAttackAge		66

RiskFactor	High Risk Profile with Lifestyle changes and medication	Score
HighBloodPressure	120/80 to 129/84	8
BloodSugar-HBA1C	5.6 to 5.9	8
TotalCholesterol	190 to 229	8
Smoking	Low	8
Alcohol	Low	8
HealthyDiet	ModerateFruits, Vegetables, WholeGrains, ModerateSalt, Sugar, Oil	8
PhysicalExerciseMinutesEveryDay	60	8
WaistCircumferenceInches	34-36	8
Stress	Low	8
Total Score		72
Current Age	50	
HeartAttackAge		86

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2812791/#:~:text=The%20prevalence%20of%20fatty%20streaks,%2Dyears%2Dof%2Dage>

Diagnosed Diabetes Classified by Race

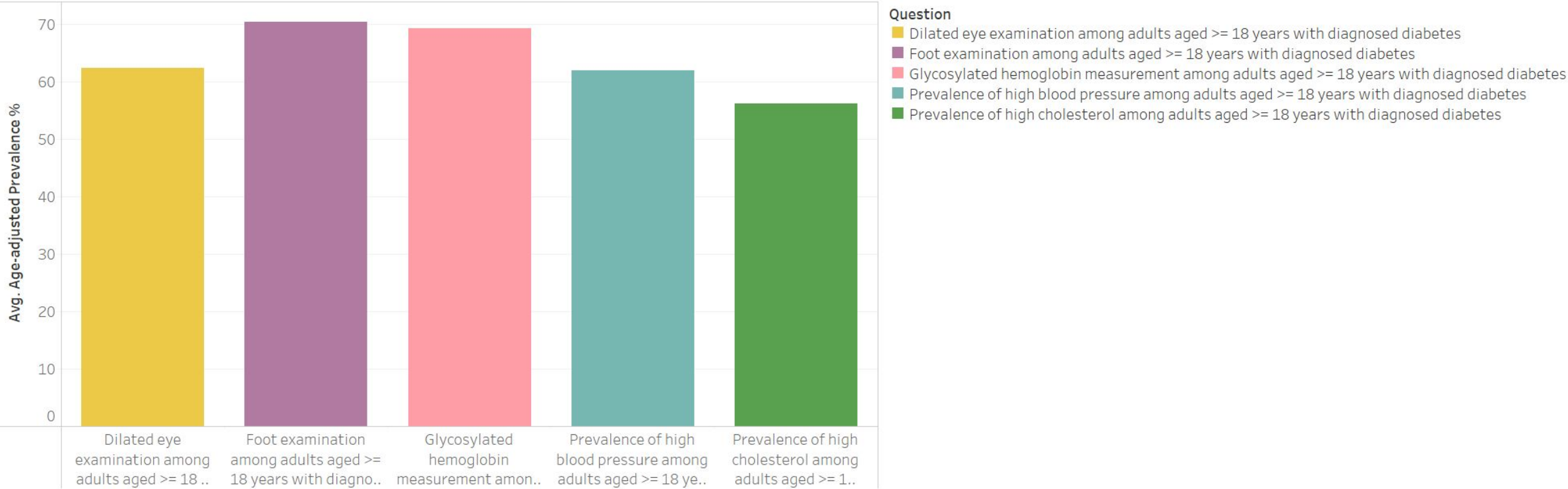
Prevalence of Diagnosed Diabetes least for White Race at 9% and highest for African American Race 15%



The trend of average of Data Value for Year End broken down by Data Value Type, Data Value Unit, Question and Stratification1. Color shows details about Question. The view is filtered on Question, Data Value Type and Stratification1. The Question filter keeps Prevalence of diagnosed diabetes among adults aged >= 18 years and Prevalence of gestational diabetes. The Data Value Type filter keeps Age-adjusted Prevalence. The Stratification1 filter excludes Female, Male and Overall.

Diabetes Causal Analysis

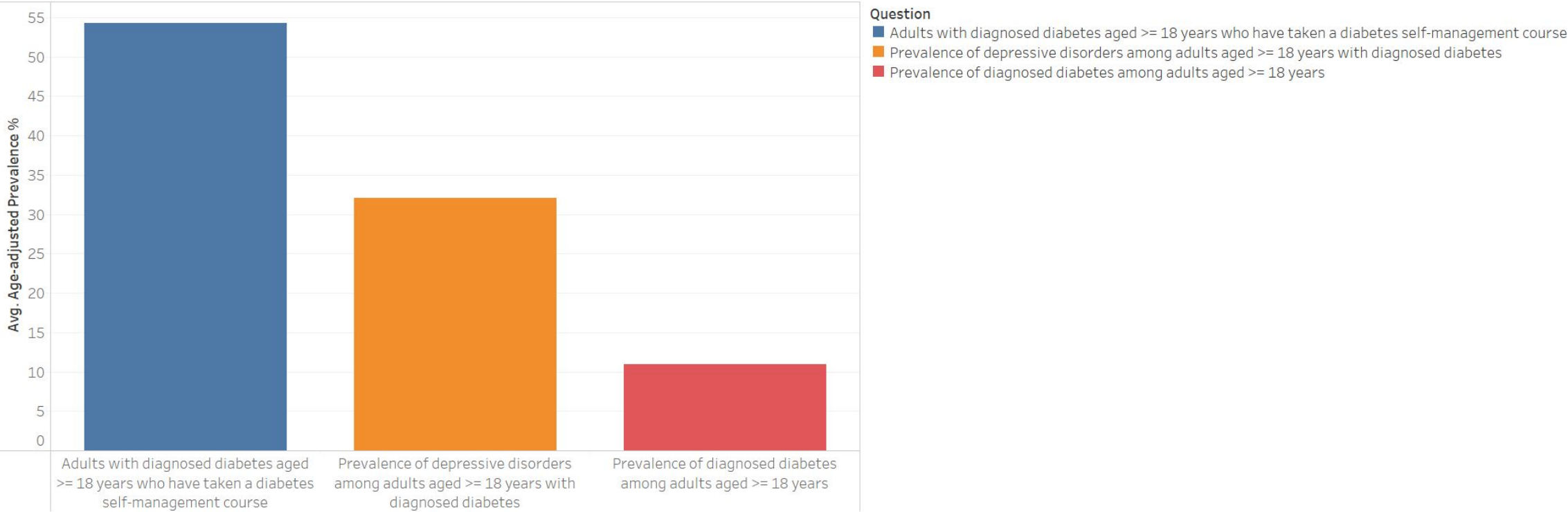
Causal Analysis for Diabetes and its progression by Eye and Foot examination



Average of Data Value for each Question broken down by Data Value Type and Data Value Unit. Color shows details about Question. The data is filtered on Stratification1, which excludes Female, Male and Overall. The view is filtered on Question and Data Value Type. The Question filter keeps 7 of 20 members. The Data Value Type filter keeps Age-adjusted Prevalence.

Diabetes and Mental Health

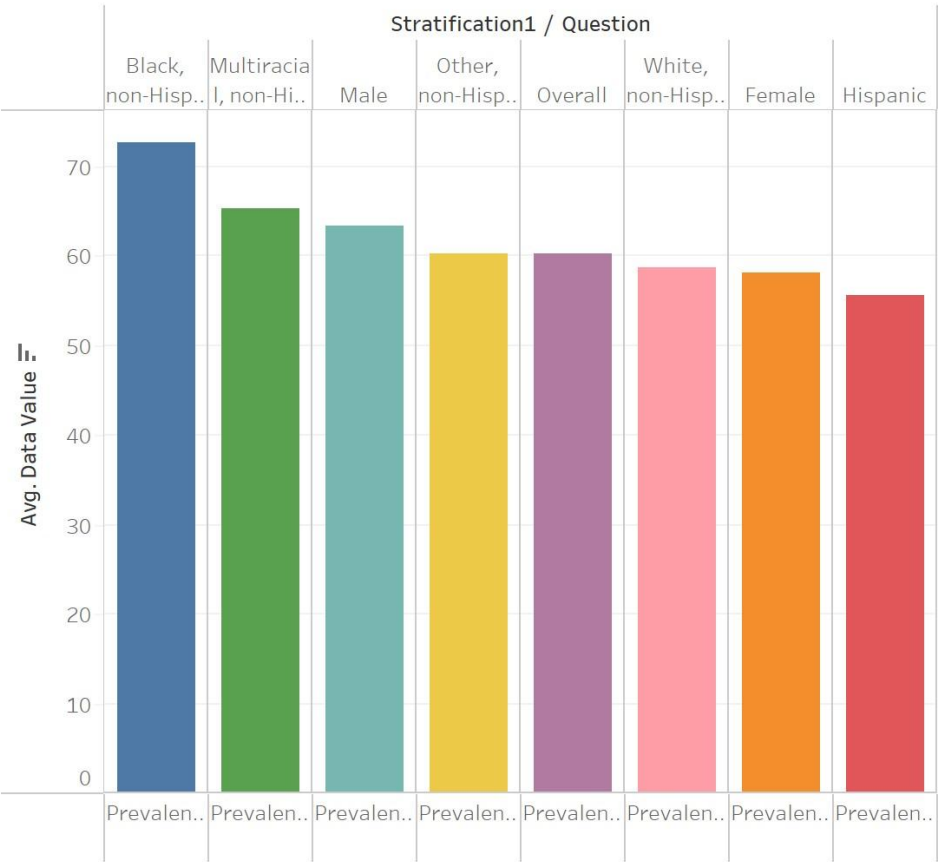
Prevalence of Diagnosed Diabetes at 11% with high Depressive disorders



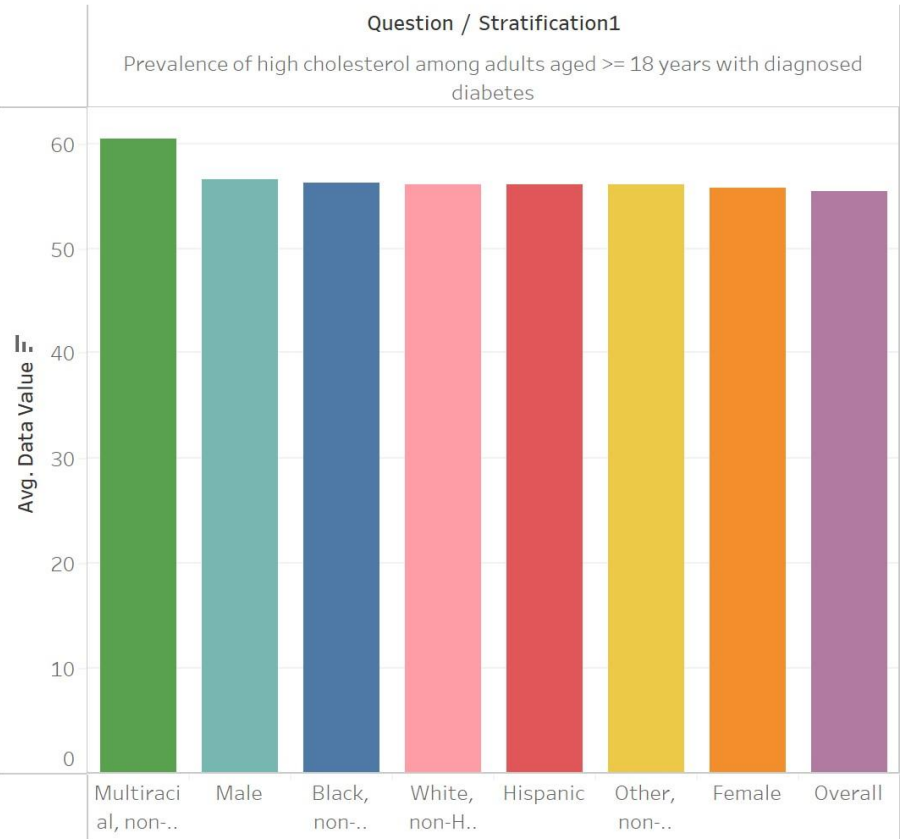
Average of Data Value for each Question broken down by Data Value Type and Data Value Unit. Color shows details about Question. The view is filtered on Question and Data Value Type. The Question filter keeps Adults with diagnosed diabetes aged >= 18 years who have taken a diabetes self-management course, Diabetes prevalence among women aged 18-44 years, Prevalence of depressive disorders among adults aged >= 18 years with diagnosed diabetes, Prevalence of diagnosed diabetes among adults aged >= 18 years and Prevalence of gestational diabetes. The Data Value Type filter keeps Age-adjusted Prevalence.

High Blood Pressure vs Cholesterol

Prevalance of HBP among individuals diagnosed with diabetes

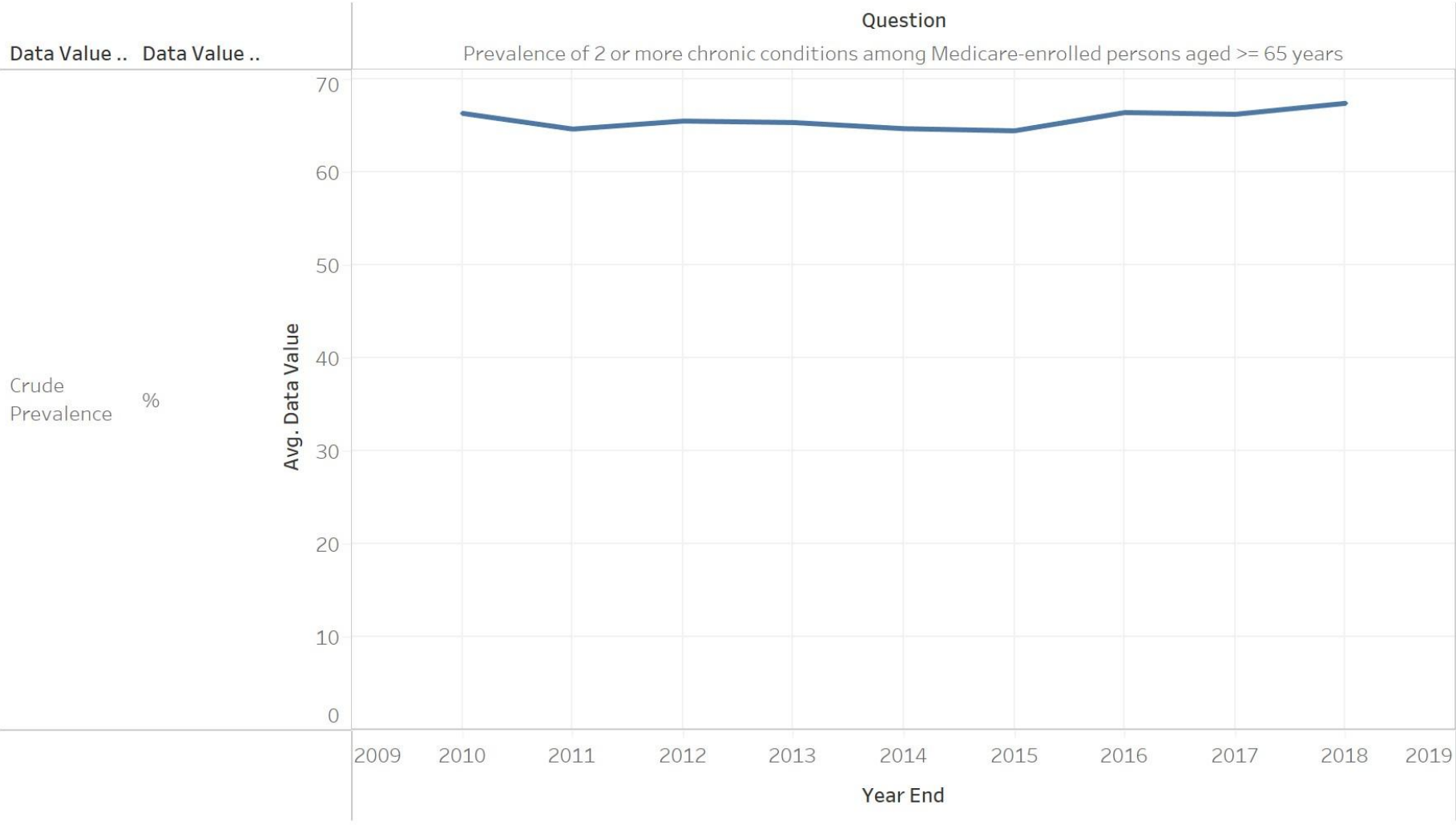


Prevalence of High Cholesterol among individuals diagnosed with diabetes



Adjusting for Age is Critical

Crude Prevalance (%) of 2+ Chronic Conditions among Medicare-Covered Elderly People



Conclusion

- Healthy lifestyle habits (clean eating, exercising, avoiding smoking and heavy drinking) are essential for living a health life void of chronic diseases
- Cancer, CVD and diabetes are especially severe risks to the US population.
- Time is ticking - the probability of chronic diseases and illnesses rises rapidly with age